

of the Woolworth Department Store in Greensboro, North Carolina, after they were refused service.

They came to be known as the Greensboro Four. In the days to come, their peaceful protest grew as they were joined by students from Bennett College and Dudley High School.

Their courageous actions inspired over 700,000 people across the Nation to participate in sit-ins, sparking a revolution that moved our Nation forward in the fight for civil rights.

Today, as we celebrate the first day of Black History Month, we remember their legacy, which is honored at the International Civil Rights Center and Museum that is in that very Woolworth's building in Greensboro.

I am proud to co-lead a resolution with Congresswoman ADAMS to encourage States to include the Greensboro sit-ins in school curriculums.

HONORING JAN LENTZ

(Mr. PFLUGER asked and was given permission to address the House for 1 minute and to revise and extend his remarks.)

Mr. PFLUGER. Mr. Speaker, I rise today to honor a lifelong public servant and valuable member of the Texas-11 team, Mrs. Jan Lentz.

For 7 years, Jan has devoted her time and talents to our district as a constituent services aide. She previously served with the VA, West Texas Counseling and Guidance, and many other organizations and has led a veterans support group for over 15 years, most of this as a volunteer.

Jan's impact on our community exceeds everything beyond words, and her service has extended far beyond our district. She has literally impacted thousands of lives, veteran lives and family member lives, and so many in need in our community.

Over the years, Jan has secured countless benefits for veterans and has impacted thousands of veteran families. Last year alone, she returned over \$100,000 in taxes back to constituents.

Jan is someone who we all wish we could be.

As she moves into the next phase of her life in retirement, we want Jan to know that we are grateful for her service. We are grateful for what she has done for our community, veterans, and so many people in need.

I say thank you to Jan from the bottom of our hearts, from our team, our district, and the State of Texas. We all wish Jan good luck in retirement.

COMMENDING PENNSYLVANIA HERO BENJAMIN STEIDINGER

(Ms. WILD asked and was given permission to address the House for 1 minute and to revise and extend her remarks.)

Ms. WILD. Mr. Speaker, I rise today as we approach the 1-year anniversary of the heroism of Benjamin Steidinger, of Germansville, Pennsylvania.

When Benjamin saw smoke coming from a house across his street, he didn't just call 911. He climbed up a ladder to the second story, knocked out a window, and crawled across the floor, where he rescued two women, a baby, and a dog from the smoke and flames.

Benjamin thought he might not make it out of that house alive, but he put his life at risk in sacrifice for others. He is among the best of us.

Today, I commend Benjamin for representing and living out the values of our community: grit, determination, and courage in the face of immense challenges.

On behalf of Pennsylvania's Seventh District, we thank Benjamin for his courage.

RECOGNIZING DEPUTY J. BENEZETTE

(Mr. ALFORD asked and was given permission to address the House for 1 minute.)

Mr. ALFORD. Mr. Speaker, I rise today to honor a great man, Deputy J. Benezette from the Cass County Sheriff's Office who recently received the Life Saving Award.

Deputy Benezette was on his way home from an extra duty assignment at the sheriff's office and heard a dispatch call. An incident had happened nearby, and he answered that call for service.

Deputy Benezette got on the scene, where two motor vehicles were involved in an accident. One vehicle was completely overturned and had water pouring into it. With two people trapped inside and one struggling to keep her head above water, Deputy Benezette was able to quickly rescue both of them, saving a life and preventing a drowning.

His actions show dedication to duty under the most extreme circumstances, and he has been recognized with the Life Saving Award by his department.

Deputy Benezette serves Cass County and our Fourth District faithfully. He is a hero for our community and will be our guest at the State of the Union Address next week.

Mr. Speaker, I thank him and every member of our law enforcement community across America for the service they do for us.

HOUSE REPUBLICANS RAISE TAXES ON FAMILIES, CUT BENEFITS FOR SENIORS

(Ms. BROWNLEY asked and was given permission to address the House for 1 minute.)

Ms. BROWNLEY. Mr. Speaker, this week marks the 83rd anniversary of the first Social Security check being issued. Since then, Democrats have worked to protect and strengthen Social Security, which has kept seniors from poverty and helped ensure a secure economic future for working Americans.

This year, Social Security beneficiaries received an 8.7 percent cost-of-living adjustment, the largest increase in decades.

While 70 million Americans are benefiting from this increase today, Republicans are working hard to slash Social Security and Medicare. To add further insult to injury, the Republican economic scheme includes a 30 percent sales tax that will impact every American family.

Our children, our families, and our seniors do not deserve to carry the undue financial burden of Republican tax breaks for large corporations and billionaires.

Mr. Speaker, I urge my colleagues on the other side of the aisle to realign their priorities and start working for the people.

FAILING DEMOCRATIC POLICIES

(Mr. WILSON of South Carolina asked and was given permission to address the House for 1 minute and to revise and extend his remarks.)

Mr. WILSON of South Carolina. Mr. Speaker, as a result of failing policies by Biden and the Democrat-led Congress, American families continue to feel the impact of 40-year-high inflation in their pocketbooks. Last year, the cost of everyday products and services rose exponentially, destroying jobs.

Since Biden took office, there has been a \$10 trillion increase in spending above projections, \$2.5 million increase on interest payments on growing Federal debt, \$1.9 trillion on the American Rescue Plan, \$745 billion on the inflation expansion act, \$3.4 trillion on the infrastructure investment act, and \$1 trillion in Biden executive actions.

This irresponsible spending has hurt all Americans, and we must address it. The newly elected House Republican majority, ably led by Speaker KEVIN MCCARTHY, is committed to creating jobs and a government that is accountable to the people. We must reestablish fiscal sanity.

In conclusion, God bless our troops, who successfully protected America for 20 years, as the global war on terrorism continues, moving from the Afghanistan safe haven to America.

Just yesterday, another terrorist was caught crossing the southern border.

SOCIAL SECURITY IS SAFE WITH REPUBLICANS

(Mr. MCCORMICK asked and was given permission to address the House for 1 minute and to revise and extend his remarks.)

Mr. MCCORMICK. Mr. Speaker, for the last 2 days, I have heard repeatedly the other side of the House say that Republicans want to cut Social Security or reduce spending on Social Security and reduce benefits from Social Security.

I will call that a lie. Just because you repeat it multiple times does not